

# KAMBROOK

THE SMARTER CHOICE



## Essentials Food Steamer

KFS300

Instruction Booklet

# Important

## Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on our website at [www.kambrook.com.au](http://www.kambrook.com.au)

# Contents

Kambrook Recommends Safety First	p4
Your Kambrook Essentials Food Steamer	p6
Operating Your Kambrook Essentials Food Steamer	p7
Care, Cleaning and Storage	p10
Kambrook Essentials Food Steamer Steaming Chart	p11
Recipes	p18
Warranty	p28

## Kambrook Recommends Safety First

# IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

## Important Safeguards For Your Kambrook Essentials Food Steamer

- Carefully read all instructions before operating the appliance and retain for future reference.
- Remove and safely discard any packaging material and promotional labels before using the food steamer for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the supply plug of this appliance.
- Do not place the food steamer near the edge of a table, counter or bench top during operation. Ensure that the surface is level, clean and free of water.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not place any part of the food steamer in a gas, electric or microwave oven or on a hot gas or electric burner.
- Keep food steamer clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not use food steamer on metal surfaces, for example, a sink drain board.
- Always ensure the food steamer is properly assembled before use. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Do not put any food or liquid other than water into the steamer base. Only the steamer baskets, rice/sauce cooking bowl and egg cooking tray are designed to cook food.
- Do not leave the appliance unattended when in use.
- Do not move the food steamer during operation.
- Do not touch hot surfaces. Use the handles to remove the lid, steamer baskets and rice/sauce cooking bowl.
- Insert the lid into position on a steamer container with the three steam holes facing towards the rear of the food steamer.
- Always lift the lid away from you, when removing from steamer basket, to avoid steam escaping from under the lid. Carefully lift and remove the lid, steamer baskets and rice/sauce cooking bowl by the handles to avoid scalding from escaping steam.
- Always ensure the food steamer is switched off at the power outlet and the power plug is removed from the power outlet before attempting

to move the appliance, when the appliance is not in use and before cleaning or storing. Allow the steamer base and liquid collection container to cool before disassembling for cleaning and discarding liquid.

- Do not use harsh abrasives or caustic cleaners when cleaning this appliance.
- Keep the appliance clean. Follow the care and cleaning instructions provided in this book.

## Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or motor base in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



**WARNING:** Do not operate the food steamer on an inclined surface. Do not move the food steamer while it is operating.

# Your Kambrook Essentials Food Steamer

1. Heating indicator light
  2. 60 minute steaming timer
  3. Power indicator light
  4. Heating element for consistent steaming
  5. 30 second rapid steam function for fast results
  6. Easy to view water level indicator
  7. Steamer base with water reservoir 1.0 Litre max
  8. Removable liquid collection container
  9. 3 stackable steam baskets with 2 layer support rings 3.0 Litre capacity each basket
  10. Steam diffuser
- Not Shown**
- Removable rice/sauce cooking bowl
  - Removable egg tray cooks up to 7 eggs
  - Non-slip feet
  - Cord storage



# Operating Your Kambrook Essentials Food Steamer

## Before First Use

Remove and safely discard all packaging material and promotional labels from the food steamer.

Wash the lid, removable steamer baskets, layer support rings, rice/sauce cooking bowl, egg cooking tray, liquid collection container and element protection cover in warm soapy water, rinse and dry thoroughly, also wipe the inside of the water reservoir, before using the food steamer for the first time.



**WARNING:** Do not immerse the cord or steamer body in water or any other liquid.

Pour sufficient clean, tap water, up to 1 litre, into the water reservoir of the steamer base and ensure the maximum 'MAX' level on the water window is not exceeded. If cooking for long periods of time ensure the water level does not fall below the minimum 'MIN' mark. During operation, extra water can be poured into the water reservoir through the easy to fill water spouts at either end of the liquid collection tray.

Place the liquid collection container into position on top of the steamer base.

**NOTE:** Only use clean tap water in the food steamer's water reservoir. Do not use wine, stock or other liquids.

## Operation Of Your Kambrook Essentials Food Steamer

Remove the lid, steamer baskets, layer support rings and liquid collection tray from the steamer base and ensure that the element protection cover is correctly positioned over the heating element. The element protection cover should be placed over the heating element with the lip edge facing downwards.



Fig. 1

## Prepare The Food Steamer And Food As Follows:

### One Layer Cooking:

1. Insert a steamer basket into position on top of the liquid collection container.
2. Place the food into the steamer basket.
3. Cover with lid.

### Two Layer Cooking:

1. Insert a steamer basket into position on top of the liquid collection container.
2. Insert a layer support ring on top of first layer of the steamer basket.
3. Place the food into the steamer basket.

# Operating Your Kambrook Essentials

## Food Steamer continued

4. Insert a second steamer basket into position on top of the layer support ring.
5. Place second layer of food into the second steamer basket.
6. Cover with lid.

### Three Layer Cooking:

1. Insert a steamer basket into position on top of the liquid collection container.
2. Place the food into the steamer basket.
3. Insert a layer support ring on top of the first steamer basket.
4. Insert a second steamer basket into position on top of the layer support ring.
5. Place second layer of food into the second steamer basket.
6. Insert a second layer supporting ring on top of the second steamer basket
7. Insert a third steamer basket into position on top of the second layer support ring.
8. Place third layer of food into the third steamer basket.
9. Cover with lid.

**NOTE:** When inserting the lid into position on a steamer basket ensure the three steam holes on the lid face towards the rear of the food steamer.

**NOTE:** The Rice/Sauce Cooking Bowl and Egg Cooking Tray are placed into a steamer basket for cooking/steaming food as described in steaming charts and recipes.

10. Plug the power cord into a 230V or 240V power outlet and switch on. The 'POWER' light will illuminate.
11. Turn the timer dial to the desired cooking time - this will activate the steamer base and the 'HEATING' light will illuminate. Steaming will start within 60 seconds. When cooking time has elapsed and the timer dial has turned anti-clockwise to the 'READY' position, the food steamer will switch off, the 'HEATING' light will go out and a bell will sound.
12. Dismantle the steamer baskets to remove the cooked food, taking care as lid, steamer baskets, layer support rings, steam and water condensation will be very hot. Allow the steamer base and liquid collection container to cool before dismantling and discarding liquid.



**CAUTION:** Always take care when lifting the lid, steamer baskets and liquid collection container, as steam and water condensation can cause scalding. Always lift the lid away from you when removing from steamer basket to avoid steam escaping from under the lid. Always allow the steamer base and liquid collection container to cool before dismantling and discarding liquid.

**NOTE:** Denser foods or foods that take longer to cook should be placed in the lower steamer basket as this gets a higher concentration of steam. However, foods such as meat or chicken should be placed on the lower steamer basket to avoid juices dripping onto foods below.

13. Switch off at the power outlet and unplug the power cord. The 'POWER' light will go out. Allow the Kambrook Essentials Food Steamer base and liquid collection container to cool down before dismantling and cleaning.

**NOTE:** Avoid unnecessary removal of the lid and steamer baskets during cooking, as steam surrounding the food will escape.

## Care, Cleaning and Storage

### Maintaining Your Kambrook Essentials Food Steamer

Always switch the power off at the power outlet and unplug the power cord of the food steamer and allow the steamer base and liquid collection container to cool down before disassembling and cleaning.

Wash the lid, steamer baskets, layer support rings, rice/sauce cooking bowl, egg cooking tray, liquid collection container and element protection cover in warm soapy water, rinse and dry thoroughly.

Discard the remaining water in the water reservoir and wipe the interior and exterior of the steamer base with a damp cloth and dry thoroughly.

Do not place any part of the steamer, including steamer baskets, egg ring, lid and rice/sauce cooking bowl, in a dishwasher.

Do not use abrasive cleaners, steel wool or scouring pads as these can damage the surface of the steamer and the element.

Mineral deposits may accumulate on the heating element. It is recommended to descale the steamer regularly to prolong the life of your appliance.

Prepare a de-scaling solution by mixing 2 cups of water and 1 tablespoon of lemon juice or white vinegar.

Pour the de-scaling solution into the water reservoir; insert the liquid collection container then a steamer basket with lid on top. Turn the timer dial to approximately 15 minutes and allow steam to circulate. Allow the steamer and liquid to cool before dismantling for cleaning. If excess scale build-up still remains, repeat the process.

**NOTE:** If food with strong odour, such as fish has been steamed, the above procedure can be followed with steamer baskets and rice/sauce cooking bowl in position to ensure the odour is not transferred to the next steaming.



**CAUTION:** Do not immerse steamer base, power cord or power plug in water or any other liquid as this may cause electrocution.



**CAUTION:** To prevent damage to the appliance, do not use alkaline cleaning agents when cleaning, use a soft cloth and a mild detergent.

# Kambrook Essentials Food Steamer

## Steaming Chart

All recipes and information provided in steaming charts rely on the preceding assembly instructions being followed, for example, the element protection cover should be placed over heating element, the water reservoir filled with water to the maximum level, the liquid collection container inserted onto the steamer base then steamer basket/s, layer support rings and lid are then placed on top. The rice/sauce cooking bowl and egg cooking tray can be utilised when required.

### Vegetables

1. Clean the vegetables thoroughly. Cut off stems, trim, chop and peel if required.
2. Smaller, even-sized pieces of vegetables will steam faster than larger pieces.
3. Estimated steaming times are listed in chart below however the freshness, quality and size of the food, as well as personal preference, will effect how quickly ingredients will take to steam. Adjust water amounts and cooking times as desired.
4. Steaming time will decrease slightly if steaming smaller portions.
5. If steaming vegetables that have been frozen always separate and stir once during steaming.

Type/Vegetable	Weight/Size	Approx. Cooking Time
Asparagus spears	2 bunches	15 minutes
Artichokes whole	3 to 4	25-30 minutes
Beans, cut or whole	250g - 500g	10-12 minutes
Beetroot, cleaned, trimmed	1 bunch (approx 4)	30-35 minutes
Broccoli, florets	500g	10-12 minutes
Bok Choy	350g	5-7 minutes
Brussel Sprouts	500g	12-14 minutes
Cabbage, cut into wedges	500g	10-12 minutes
Capsicums, trimmed, sliced	3 or 4	8-9 minutes
Carrots, sliced	500g	12-14 minutes
Cauliflower, florets	500g	12-14 minutes
Celery, thickly sliced	250g-500g	10 minutes
Corn, whole	3	10 minutes

# Kambrook Essentials Food Steamer

## Steaming Chart continued

Type/Vegetable	Weight/Size	Approx. Cooking Time
Eggplant, thickly sliced	500g	12 minutes
Mushrooms	500g	8-9 minutes
Onions, peeled, sliced	250g	10 minutes
Parsnips, trimmed, sliced	500g	8-10 minutes
Peas, shelled	250g	4-5 minutes
Potatoes, peeled, quartered	1kg	20-25 minutes
Potatoes, whole chats	1kg	35 minutes
Pumpkin, peeled chunks	500g	20-25 minutes
Snow Peas	250g	4-5 minutes
Spinach (English)	250g	6-7 minutes
Spinach (Silver Beet)	250g	8-9 minutes
Squash, whole baby	500g	10-12 minutes
Sweet Potatoes, 1.5cm slices	500g	12-15 minutes
Turnips/Swedes, quartered	500g	20-25 minutes
Zucchini, thickly sliced	500g	5-6 minutes
All frozen vegetables	500g	7-9 minutes

## Rice, Grains And Cereals

To cook rice in the Kambrook Essentials Food Steamer follow these simple suggestions.

1. Wash rice in a fine sieve under cold running water until rice water runs clear. Drain well.
2. Place measured rice and water quantities into the rice/sauce cooking bowl.
3. Place the rice/sauce cooking bowl into a food steamer basket.
4. Cover with the lid and turn the timer dial to the required steaming time.
5. To produce firmer rice, slightly decrease the water specified in the rice cooking chart.
6. To produce softer rice, slightly increase the water quantity and cook a little longer.
7. Rice may be seasoned with salt, pepper or butter after steaming.

Variety	Cups Of Rice	Cups Of Water	Approx. Cooking Time
Brown: med grain	½ cup	1 cup	55-60 minutes
Brown: long grain	1 cup	2 cups	60 minutes
Wild Rice	½ cup	1 cup	60 minutes
White: Long Grain, Basmati, Jasmine	1 cup	1½ cups	25 minutes
White: Med Grain	1 cup	1½ cups	25-30 minutes

## Grains And Cereals

Variety	Method	Approx. Cooking Time
Oats	1 cup oats with 2 cups water into rice/sauce cooking bowl	15 minutes
Cracked Wheat	1 cup cracked wheat with 1 ½ cups of water. Place into rice/ sauce cooking bowl	12-13 minutes

# Kambrook Essentials Food Steamer

## Steaming Chart continued

### Seafood

1. Steaming guidelines in the chart below are for fresh and fully-thawed seafood.
2. Frozen seafood should be completely thawed before steaming.
3. Always clean and prepare fresh seafood and fish before steaming.
4. Most seafood cooks very quickly. Steam in small portions or in amounts as specified below in chart.
5. Fish fillets can be steamed in steamer baskets, however to retain juices cook fish in rice/sauce cooking bowl, however cooking times will be longer
6. Adjust steaming times according to various textures and sizes.

Variety	Weight/Size	Approx. Cooking Time
Crab, whole	350g	15 minutes
Fish, whole	400g	10 minutes
Fish Fillets	250g	6-7 minutes
Cutlets	500g	7-8 minutes
Lobster tails	2	15-20 minutes
Mussels	500g	5-6 minutes
Octopus, baby	500g	10-12 minutes
Oysters on shell	6	6-7 minutes
Prawns, shelled	300g	5-6 minutes
Scallops on shell	6	4-5 minutes
Vongole, pippies	500g	5 minutes

## Meat And Poultry

1. Steaming guidelines in the chart below are for fresh and fully thawed meat and poultry.
2. Frozen meat and poultry should be completely thawed before steaming.
3. Always clean and prepare fresh meat and poultry before steaming. It is recommended to remove any fat and skin from the poultry and fat and gristle from meat before steaming.
4. Whole chickens and roasts can be steamed but for smaller cuts choose even size pieces for more even cooking.
5. Arrange the smaller pieces of meat or poultry in a single layer.
6. Steam until the meat or poultry is well done. Pierce the thickest part of the poultry or roast with a meat thermometer, knife, or skewer to check that the centre is cooked and juices run clear.

Variety	Weight/Size Pieces	Approx. Cooking Time
Beef, Hamburgers	500g	17-17 minutes
Beef, Meatballs	500g	13-15 minutes
Chicken, Whole	1.3kg	60 minutes
Chicken, pieces	1kg	30-35 minutes
Chicken Breast Fillets	500g	20 minutes
Hot Dogs	500g	7-8 minutes
Sausages, thin	500g	12-14 minutes

## Other Foods

Variety	Weight/Size Pieces	Approx. Cooking Time
Asian Dumplings/Gow Gees, frozen	250-500g	15-20 minutes
Asian Pork Buns, frozen	4	20 minutes
Mini Dim Sims, frozen	250g	18-20 minutes
Tofu, whole	300g	7-8 minutes

**NOTE:** When heating softer style tofu use the rice/sauce cooking bowl.

# Kambrook Essentials Food Steamer

## Steaming Chart continued

### Eggs

The following are some handy guidelines when cooking eggs in the Kambrook Essentials Food Steamer. The steamer is ideal for steaming, poaching and scrambling eggs.

### For Cooking Eggs In The Shell

Use the egg cooking tray for the same results as boiled eggs in the shell. Eggs must be pierced once through the top or base of the egg shell with a pin or skewer before cooking. Place eggs onto egg cooking tray with the pierced end facing upwards.



**CAUTION:** Do not boil eggs in the water reservoir.

### For Poached Eggs

Eggs should be cracked into individual sized heat proof dishes containing a little water then placed into a steamer basket for poaching.

### For Scrambled Eggs

Beat together eggs with a little milk or cream then pour into rice/sauce cooking bowl, place into a steamer basket, cover with lid and steam for suggested time, stirring once or twice during cooking.

**NOTE:** Large eggs will require slightly longer cooking times.

Type	Quantity	Approx. Cooking Time
Steamed in shell, Soft Medium Hard	1-12 (x 60g)	8-9 minutes 11-12 minutes 15-16 minutes
Poached Soft Medium Hard	4 (x 60g)	6 minutes 7-8 minutes 10 minutes
Scrambled	6 (x 60g) eggs with 1/3 cup milk or cream and seasoning	12-14 minutes

# Recipes

# Recipes

## Potato Salad

Serves 4-6

800g new potatoes

1 medium Spanish onion, peeled and finely chopped

¾ cup thinly sliced celery

150g salami, finely chopped

2 tablespoons freshly snipped chives

### Dressing:

¾ cup mayonnaise

2 tablespoons light sour cream

1½ tablespoons lemon juice

Freshly ground black pepper, optional

Salt, optional

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Place potatoes in a single layer into the steamer basket and cover with lid.

**TIP:** If more steaming space is required for the potatoes, place a layer support ring onto the first steamer basket, insert a second steamer basket, insert food and cover with lid.

3. Turn timer dial to 25 minutes. Adjust for shorter or longer cooking time as required.
4. Remove potatoes when cooked, allow to cool then cut into halves or quarters. Combine with onion, celery, salami and chives.
5. Combine mayonnaise, sour cream and lemon juice, season to taste with pepper and salt if desired. Pour dress over potato mixture and mix lightly to coat.
6. Serve with green salad and barbecued meats.

## Warm Green Bean And Mushroom Salad

Serves 4-6

400g baby green beans, trimmed and cut in half

200g button mushrooms

### Dressing:

2 tablespoons balsamic vinegar

¼ cup olive oil

2 teaspoons grain mustard

1 teaspoon white sugar

Freshly ground black pepper, optional

Salt, optional

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Layer beans into the steamer basket and cover with lid.
3. Turn timer dial to 10 minutes. After 7 minutes of cooking remove lid and place a layer support ring onto the first steamer basket, insert a second steamer basket, layer mushrooms into basket, cover with lid and continue cooking for remaining 3 minutes. Adjust for shorter or longer cooking time as required.
4. Remove beans and mushrooms when cooked and place into a serving bowl.
5. Place dressing ingredients into a screw-top jar and shake to combine. Pour dressing over beans and mushrooms. Toss to coat.
6. Serve with a selection of sliced deli meats.

## Sesame Pumpkin

### Serves 4

600g pumpkin, peeled and cut into 3cm pieces

#### Dressing:

1 tablespoon peanut oil  
2 tablespoons toasted sesame seeds  
1 tablespoon honey  
1 tablespoon lemon juice  
1 tablespoon soy sauce

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Place pumpkin into the steamer basket and cover with lid.
3. Turn timer dial to 12-15 minutes. Adjust for shorter or longer cooking time as required.
4. Remove pumpkin when just cooked and place into a serving dish.
5. Place dressing ingredients into a screw-top jar and shake to combine. Pour dressing over pumpkin. Toss to coat.
6. Serve as a vegetable accompaniment.

## Chicken Risotto

### Serves 4

250g chicken breast fillets  
1 tablespoon butter  
1 brown onion, peeled and finely chopped  
2 cloves garlic, peeled and crushed  
2 cups/500ml chicken stock  
1 cup Arborio rice  
¼ cup freshly chopped mixed herbs

1. Freshly ground black pepper, optional
2. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
3. Place chicken into the steamer basket and cover with lid.
4. Turn timer dial to 20-25 minutes. Adjust for shorter or longer cooking time as required.
5. Remove chicken when cooked and slice thinly. Set aside and keep warm.
6. Heat butter in a saucepan and sauté the onion and garlic, add the stock, cover with lid and bring to the boil.
7. Place rice into the rice/sauce cooking bowl and pour hot stock mixture over the rice. Carefully insert the rice/sauce cooking bowl into the steamer basket and cover with lid.
8. Turn timer dial to 40 minutes or until rice is cooked and liquid is absorbed. Add a little extra stock or water to the rice if required during cooking. Adjust for shorter or longer cooking time as required.
9. At the end of cooking, carefully remove the rice/sauce cooking bowl, stir herbs through rice and season to taste. Serve with sliced chicken breast.

## **Dim Sims With Citrus Thai Sauce**

### **Serves 4**

2 x 250g packets frozen mini dim sims

### **Dipping Sauce:**

¼ cup fresh lemon juice

2 tablespoons fish sauce

1 tablespoon sweet Thai chilli sauce

1 tablespoon finely chopped coriander

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Layer dim sims into the steamer basket and cover with lid.
3. Turn timer dial to 10 minutes. Adjust for shorter or longer cooking time as required.
4. Combine dipping sauce ingredients and place into a small serving bowl.
5. Remove dim sims when cooked and place onto a serving platter accompanied with the bowl of dipping sauce.

## **Pesto Rice**

### **Serves 4**

1 cup uncooked white rice

1 brown onion, peeled and finely chopped

1 cup/325ml cups water

1 tablespoon pesto sauce

¼ teaspoon salt

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Place rice into the rice/sauce cooking bowl and stir in remaining ingredients. Carefully insert the rice/sauce cooking bowl into the steamer basket and cover with lid.
3. Turn timer dial to 30 minutes. Add a little extra water to the rice if required during cooking. Adjust for shorter or longer cooking time as required.
4. At the end of cooking, carefully remove the rice/sauce cooking bowl and stir rice.
5. Serve as an accompaniment.

## Tomato And Basil Ravioli

### Serves 4

375g fresh ravioli pasta  
1 cup spicy Italian pasta cooking sauce  
1 tablespoon finely chopped basil  
Freshly ground black pepper, optional  
Freshly grated Parmesan cheese

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Layer ravioli into the steamer basket and cover with lid.
3. Turn timer dial to 15 minutes.
4. Combine sauce, basil and pepper in the rice/sauce cooking bowl.
5. At the end of 15 minutes cooking time, remove the lid, place a layer support ring onto the first steamer basket, insert a second steamer basket, then carefully insert the prepared rice/sauce cooking bowl, cover with lid and turn the timer dial to 15 minutes. Adjust for shorter or longer cooking time as required.
6. Remove ravioli when cooked and the sauce is heated. Place ravioli into a serving bowl, pour sauce over and toss to coat.
7. Serve ravioli sprinkled with Parmesan cheese.

## Honey Soy Chicken

### Serves 4-6

1kg chicken drumsticks (approximately 6 medium), skin removed  
½ cup honey and soy marinade  
2 teaspoons sweet Thai chilli sauce

1. Place drumsticks into a shallow bowl, combine marinade and chilli sauce, pour mixture over chicken, cover and refrigerate for 3-4 hours or overnight. Turn the chicken several times whilst marinating.
2. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
3. Remove drumsticks from marinade, layer into steamer basket and cover with lid. Discard the marinade.
4. Turn timer dial to 35-40 minutes. Adjust for shorter or longer cooking time as required.
5. Remove drumsticks when cooked and serve hot.

## Tuscan Herb Chicken

### Serves 4

1 lemon

1 x 1.3kg chicken, washed and dried  
Tuscan dried herb seasoning

1. Cut lemon in half and squeeze out 2 tablespoons of lemon juice.
2. Place the lemon halves into the cavity of the chicken. Truss chicken legs and wings with wetted kitchen string. Rub lemon juice over chicken and sprinkle generously with Tuscan seasoning.
3. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
4. Place chicken, breast side up, into steamer basket and cover with lid.
5. Turn timer dial to 1 hour. Adjust for shorter or longer cooking time as required. Add extra water to the water reservoir if required.
6. Remove chicken when cooked, cover with foil and allow to stand for 15 minutes before carving. Serve hot.

## Steamed Blue Eye Cod With Parsley And Olives

### Serves 4

4 medium potatoes, peeled and cubed  
4 x 150g pieces of Blue Eye Cod or Ling Sea Perch

1 grapefruit, peeled, deseeded and cut into chunks

$\frac{3}{4}$  cup flat-leaf parsley

2 tablespoons olive oil

2 tablespoons chopped black olives

2 teaspoons capers, washed and drained

Freshly ground black pepper, optional

Salt, optional

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Place potato into steamer basket and cover with lid.
3. Turn timer dial to 12-15 minutes. Adjust for shorter or longer cooking time as required.
4. Remove potato when cooked, place into a bowl and mash until light and fluffy. Cover and keep warm.
5. Place fish in single layer into steamer basket, assemble second steamer basket if required and cover with lid.
6. Turn timer dial to 8-10 minutes. Adjust for shorter or longer cooking time as required.
7. Combine grapefruit, parsley, oil, olives and capers in a bowl, mix well. Season with pepper and salt, if desired.
8. Remove fish when cooked. Divide portions of mashed potato onto 4 serving plates, top with fish fillets then spoon grapefruit mixture over fish. Serve hot.

## Citrus Prawns And Snow Peas

### Serves 4

800g green prawns, peeled and deveined  
200g snow peas, trimmed and cut in half diagonally

50g butter

1 tablespoon lemon zest

¼ teaspoon finely chopped shallots

¼ cup finely chopped fresh coriander

Freshly ground black pepper

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Layer prawns into the steamer basket and cover with lid.
3. Turn timer dial to 5-6 minutes.
4. At the end cooking time, remove the lid, place a layer support ring onto the first steamer basket, insert a second steamer basket, then layer the snow peas, cover with lid and turn the timer dial to 3-4 minutes. Adjust for shorter or longer cooking time as required.
5. Melt butter in a small saucepan, stir in lemon zest, shallots and coriander, season to taste.
6. Remove prawns and snow peas when cooked, place onto a serving dish and drizzle with butter sauce. Serve hot.

## Thai Steamed Octopus

### Serves 4

1 kg baby octopus, cleaned

2 tablespoons fresh lime juice

2 teaspoons fish sauce

2 tablespoons sweet Thai chilli sauce

¾ cup fresh coriander leaves, roughly chopped

1. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
2. Layer octopus into the steamer basket and cover with lid.
3. Turn timer dial to 10-12 minutes. Adjust for shorter or longer cooking time as required
4. Combine lime juice, sauces and coriander in a bowl, mix well.
5. Remove octopus when cooked and place into a serving bowl. Pour dressing over octopus and toss to coat. Serve octopus hot or chilled.

## Meatballs

### Serves 4

500g lean beef mince  
1 clove garlic, peeled and crushed  
1 teaspoon mixed dried herbs  
½ teaspoon dried oregano leaves  
1 brown onion, finely chopped  
1 x 60g egg, lightly beaten  
2 tablespoons fresh flat leaf parsley, finely chopped  
3 tablespoons fresh breadcrumbs  
Freshly ground black pepper, optional  
Salt, optional  
600ml spicy Italian pasta cooking sauce  
Extra flat leaf parsley, finely chopped, for serving

1. Combine mince, garlic herbs onion, egg, parsley and breadcrumbs, season with pepper and salt, if desired, and mix well.
2. Using wetted hands, roll tablespoonsful of mixture into balls.
3. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
4. Layer meatballs into the steamer basket, assemble second steamer basket if required and cover with lid.
5. Turn timer dial to 5 minutes.
6. Pour pasta cooking sauce into the rice/sauce cooking bowl.
7. At the end cooking time, remove the lid, place a layer support ring onto the first/second steamer basket, insert a second/third steamer basket, then carefully insert the rice/sauce cooking bowl, cover with lid and turn the timer dial to 10 minutes. Adjust for shorter or longer cooking time as required.
8. Remove meatballs when cooked and sauce heated. Place meatballs onto a serving dish and drizzle with pasta sauce. Sprinkle with extra parsley and serve hot.

## Steamed Fruit Pudding

### Serves 6-8

375g mixed dried fruit  
¾ cup/110g self-raising flour  
¼ cup sugar  
½ teaspoon ground cinnamon  
½ teaspoon ground mixed spice  
¼ teaspoon grated nutmeg  
60g butter, melted  
2 x 60g eggs, lightly beaten  
¼ cup/60ml milk  
2 tablespoons rum, brandy or fresh orange juice

1. Combine fruit and dry ingredients in a large bowl, add remaining ingredients and mix well.
2. Lightly grease and bake paper-line the rice/sauce cooking bowl. Cut a piece of bake paper to fit the top shape of the rice/sauce cooking bowl. Cut a piece of foil to fit the top shape of the rice/sauce cooking bowl to extend 3cm over the edge.
3. Spoon pudding mixture into the prepared rice/sauce cooking bowl, cover with the piece of bake paper then the piece of foil. Gather the edge of the foil and press towards the outer edge of the bowl to form a seal.
4. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
5. Carefully insert the rice/sauce cooking bowl into the steamer basket and cover with lid.
6. Turn the timer dial to 1 hour. Adjust for shorter or longer cooking time as required. Add extra water to the water reservoir if required.
7. When pudding is cooked, carefully remove the rice/sauce cooking bowl and allow to stand for 5-10 minutes, then turn out onto a serving plate.
8. Serve pudding hot or cold with custard or ice cream.

## Quick And Easy Chocolate Pudding

### Serves 6-8

125g butter

1/2 cup castor sugar

3 x 60g eggs, lightly beaten

1/2 cup/75g plain flour

1 teaspoon baking powder

125g cooking chocolate, melted

1. Cream butter and sugar until light and creamy. Add eggs one at a time, beating well after each addition.
2. Combine flour and baking powder then stir into creamed mixture. Stir in melted chocolate and mix until well combined.
3. Lightly grease and bake paper-line the rice/sauce cooking bowl. Cut a piece of bake paper to fit the top shape of the rice/sauce cooking bowl. Cut a piece of foil to fit the top shape of the rice/sauce cooking bowl to extend 3cm over the edge.
4. Spoon pudding mixture into the prepared rice/sauce cooking bowl, cover with the piece of bake paper then the piece of foil. Gather the edge of the foil and press towards the outer edge of the bowl to form a seal.
5. Fill water reservoir to MAX level, insert the liquid collection container then place a steamer basket on top.
6. Carefully insert the rice/sauce cooking bowl into the steamer basket and cover with lid.
7. Turn the timer dial to 1 hour. Adjust for shorter or longer cooking time as required. Add extra water to the water reservoir if required.
8. When pudding is cooked, carefully remove the rice/sauce cooking bowl and allow pudding to stand for 5-10 minutes, then turn out onto a serving plate.
9. Serve pudding hot or cold with custard or ice cream.





## Kambrook 12 Month Replacement Warranty

In Australia, this Kambrook Replacement Warranty does not affect the mandatory statutory rights implied under the Trade Practices Act 1974 and other similar State and Territory legislation relating to the appliance. It applies in addition to the conditions and warranties implied by that legislation.

In New Zealand, this Kambrook Replacement Warranty does not affect your mandatory statutory rights implied under the Consumer Guarantees Act 1993 in relation to the appliance. It applies in addition to the conditions and guarantees implied by that legislation.

This Kambrook Replacement Warranty is valid only in the country of purchase, but other statutory warranties may still apply.

This Warranty card and the purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the Kambrook Replacement Warranty. Please note that under any applicable statutory warranty you are not required to produce these documents, but may be required to provide a proof of purchase.

Kambrook warrants the purchaser against defects in workmanship and material for a period of 12 months domestic use from the date of purchase (or 3 months commercial use).

The Kambrook Replacement Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of, misuse or abuse, negligent handling or if the product has been used other than in accordance with the instructions. The Kambrook Replacement Warranty excludes breakables such as glass and ceramic items, consumable items and normal wear and tear.

This Kambrook Replacement Warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced. Subject to your statutory rights, in the event of Kambrook choosing to replace the appliance, the Kambrook Replacement Warranty will expire at the original date, i.e. 12 months from the original date of purchase.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 09 271 3980 (New Zealand). Alternatively, visit us on the website at [www.kambrook.com.au](http://www.kambrook.com.au)

### Kambrook 12 Month Replacement Warranty

Your Purchase Record (Please Complete)

Attach a copy of the purchase receipt here.

Date Of Purchase \_\_\_\_\_

Model Number \_\_\_\_\_

Serial Number \_\_\_\_\_

Purchased From \_\_\_\_\_

(Please don't return purchase record until you are making a claim)

Register your warranty at [www.kambrook.com.au/service.asp](http://www.kambrook.com.au/service.asp)

Kambrook - Australia  
Building 2, Port Air Industrial Estate  
1A Hale Street  
Botany NSW 2019  
Australia  
Customer Service Line 1300 139 798  
Customer Service Fax 1800 621 337

Kambrook - New Zealand  
Private Bag 94411  
Botany, Manukau  
Auckland 2141  
New Zealand  
Customer Service Line/Spare Parts  
0800 273 845 or 09 271 3980  
Customer Service Fax 0800 288 513

**KAMBROOK**  
THE SMARTER CHOICE

Due to continual improvement in design or otherwise, the product you purchase may differ slightly from the illustration in this book. Issue A10